

Looking for a new exercise activity?
Something more than just a run?
Then come and try the *Sydney Summer Series*.

Explore the best of Sydney's foreshores, parks, reserves and bush tracks every Wednesday afternoon/evening during daylight saving.

- * Different location each week
- * Go solo, with a buddy, or in a small group
- * Running and walking categories
- * Easy navigation
- * Electronic timing
- * Season ticket is available

Start any time between 4.30pm and 6.45pm. Visit as many of the 30 controls as you can, in any order, in 45 minutes. Plan your route to maximise your score: 1-10 = 10 points, 11-20 = 20 pts, 21-30 = 30 pts.

Be warned – it's highly addictive!





2023/2024 Program

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RYDALMERE	Eric Primrose Reserve, John Street	Janet Morris 0439 919 569
HUNTERS HILL	Boronia Park Reserve, Park Road	Ian Cameron 0411 484 208
KILLARNEY HEIGHTS	Killarney Heights Oval, Starkey St	Linda Mandin 0404 827 011
WESTLEIGH	Ruddock Park, Quarter Sessions Rd	Peter Day 0412 102 033
WEST PYMBLE	West Pymble Village Green, Kendall St	Hamish Mackie 0407 202 171
LANE COVE WEST	Blackman Park, Lloyd Rees Dr	Edith Chow 0400 126 388
SOUTH DURAL	James Henty Drive Oval, James Henty Dr	Graeme Hill 0419 701 387
FRENCHS FOREST	Aquatic Reserve, Aquatic Dr Including special line course option	Richard Morris 0402 475 606
GLADESVILLE	Banjo Paterson Park, Punt Rd	Robin Cameron 0409 223 104
LONGUEVILLE	Kingsford Smith Oval, William Edward St	Keith Goode 0408 860 820
WILLOUGHBY	Lower netball courts, Willoughby Leisure Centre, Small St	Michael Weiner 0402 484 384
MOSMAN	Spit West Reserve, Spit Rd	Dom Pitot 0426 263 877
MANLY	Beachfront shelter, South Steyne	lan Jessup 0416 040 135
WOOLLAHRA	Cooper Park, Bunna Pl	Margaret Duguid 0417 470 655
SOUTH TURRAMURRA	Auluba Reserve, Vernon St	Tristan White 0432 529 806
HUNTERS HILL	St Josephs College, Gladesville Rd	Matt Peters 0407 499 440
PADDINGTON	Trumper Oval, Hampden St	Ross Barr 0438 220 016
CHISWICK	Campbell Park, Bibby St	Fergus Dixon 0413 139 408
FORESTVILLE	Melwood Oval, Melwood Ave	Lisa Grant 0405 528 811
ST IVES	Bryce Oval, Bryce Ave	Richard Pattison 0466 260 025
WEST PENNANT HILLS	George Thornton Reserve, View St	Savanna Sweeney 0414 575 334
ROSEVILLE CHASE	Echo Point Park, Babbage Rd	Rachel Grindlay 0422 580 192
ROZELLE	King George Park, Manning St	Ian McKenzie 0431 840 137
LANE COVE	Pottery Green Oval, Phoenix St	Bob Morgan 0415 916 596
NORTH ROCKS	Don Moore Reserve, Tieman Ave	Dan Smith 0400 463 566
NORTH RYDE	Magdala Park, Magdala Rd Please stay for presentation night at North Ryde RSL!	Roger Mail 0431 412 389
	HUNTERS HILL KILLARNEY HEIGHTS WESTLEIGH WEST PYMBLE LANE COVE WEST SOUTH DURAL FRENCHS FOREST GLADESVILLE LONGUEVILLE WILLOUGHBY MOSMAN MANLY WOOLLAHRA SOUTH TURRAMURRA HUNTERS HILL PADDINGTON CHISWICK FORESTVILLE ST IVES WEST PENNANT HILLS ROSEVILLE CHASE ROZELLE LANE COVE NORTH ROCKS	HUNTERS HILL Boronia Park Reserve, Park Road KILLARNEY HEIGHTS Killarney Heights Oval, Starkey St WESTLEIGH Ruddock Park, Quarter Sessions Rd WEST PYMBLE West Pymble Village Green, Kendall St LANE COVE WEST Blackman Park, Lloyd Rees Dr SOUTH DURAL James Henty Drive Oval, James Henty Dr FRENCHS FOREST Aquatic Reserve, Aquatic Dr Including special line course option GLADESVILLE Kingsford Smith Oval, William Edward St WILLOUGHBY Lower netball courts, Willoughby Leisure Centre, Small St MOSMAN Spit West Reserve, Spit Rd MANLY Beachfront shelter, South Steyne WOOLLAHRA Cooper Park, Bunna Pl SOUTH TURRAMURRA HUNTERS HILL St Josephs College, Gladesville Rd PADDINGTON Trumper Oval, Hampden St CHISWICK Campbell Park, Bibby St FORESTVILLE Melwood Oval, Melwood Ave ST IVES Bryce Oval, Bryce Ave WEST PENNANT HILLS ROSEVILLE CHASE King George Thornton Reserve, View St ROSEVILLE King George Park, Manning St LANE COVE Pottery Green Oval, Phoenix St NORTH ROCKS Don Moore Reserve, Tieman Ave